

HIGH INTENSITY MOTION PATTERN ANALYSIS OF BRAZILIAN ELITE SOCCER PLAYERS IN DIFFERENT POSITIONAL ROLES

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Abstract

In a training protocol program it is necessary to consider the individual motion pattern for a high-level sports performance. The purpose of this study was to measure the overall distance covered sprinting, number of sprints distance in Brazilian professional soccer players during official games. We analyzed 25 players from the São Paulo F.C. team (age = $23,7 \pm 3,5$ years, weight = $72,4 \pm 2,7$ kg and height = $177,8 \pm 2,6$ cm). The individual measurements were developed during national and international games following the Withers (1982) video-recording methodology. The results were grouped depending upon the athlete positional role

NUMBER OS SPRINTS	Sprintdistance m	0-9.99	10-19.9	20-29.9	30-39.9	40-49.9	>50	TOTAL	Overall Distance (meters)
Defenders	19.8	15	4.6	0.6	0.4	0.4	40.8	508	22.2
Wings	26.6*	13.6*	3.4*	1.4	0.4	67.8*	1021*		
Defensive mid-fielders	25.8	11.4	5.6	1.4	0.6	0	44.8	549	
Offensive mid-fielders	29.6	16.8	6	0.4	0.6	0	53.4	655	
Forwards	34.6*	23.4	9	1.4	0	0	68.4*	858*	< 0.5

ANOVA ONE WAY and post-hoc TUKEY. As we can see, the forwards develop a great numbers of sprints in the shorter distances. The wings are more typically involved in longer sprints. In the overall distance sprinting, the forwards and the wings covered the greater distance.

Gatorade and GSSI Support.